

# WALK 10k



May 9-15, 2022

## 2022 MFA Week Challenge

Welcome to the Medical Fitness Week WALK10k Challenge! 10,000 steps a day (the equivalent of walking about five miles) is safe and effective whether you're already active or just getting started. A good goal is to increase your daily steps each week by 500 per day until you are normally achieving 10,000 steps a day. Join the fun by participating in the WALK10k Challenge and take a step towards a healthier lifestyle!

- 1) Pick up your log sheet at the information desk or online at [beacon.health/mfaweek](https://beacon.health/mfaweek)
- 2) The first official day of the program is Monday, May 9<sup>th</sup>.
- 3) At the end of each day, enter your total daily steps on your log sheet.
- 4) Continue to follow this process throughout the week, from Monday, May 9<sup>th</sup> through Sunday, May 15<sup>th</sup>.
- 5) Submit your completed WALK10k log sheet to the Information Desk or email to: [programs@beaconhealthsystem.org](mailto:programs@beaconhealthsystem.org) by May 19, 2022.

*We have many exciting prizes so don't forget to submit your sheet!*